

Tohono O'odham Nation Report for the 2005 Youth Risk Behavior Survey

by

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The Youth Risk Behavior Survey (YRBS) was designed to provide the estimates to measure risk behaviors and self-reported health status among students. The 2005 YRBS was conducted among high school students in Tohono O'odham Nation. It helps shed the light for setting the priority to reduce risk behaviors and promote health among high school students in the community.

Tohono O'odham Nation data were unweighted due to low overall response rate. The unweighted results provide a description of the priority health-risk behaviors of the survey participants. However, these results cannot be generalized to other students.

Key Findings

- **About 82 percent of high school students have tried smoking. One in three Tohono O'odham Nation high school students smoked before 13 years old and one in three smoked during the past month. Although half of high school student smokers tried to quit, the prevalence of tobacco use increased among older students.** The results suggest a continuing intervention need to target high school students in preventing them from smoking, particularly early initiation of tobacco use among adolescents. It is also essential to reduce students' access to tobacco products and reduce their exposure to environmental tobaccos smoke. Given evidence of students' intention to quit smoking yet increasing tobacco use among older students, it remains a clear need to help them win the battle through effective smoke cessation programs.
- **Only 16 percent of high school students ate five or more servings of fruits and vegetables and one in three did not meet CDC recommendation of sufficient physical activity. Only 10 percent of Tohono O'odham Nation high school students had three or more dairy products daily. More than one in five students drank regular soda and had sugared beverages daily. However, only 18 percent of students ate breakfast daily. More than 53 percent of Tohono O'odham Nation high school students watched three or more hours of TV per day.** These findings reveal the unhealthy eating behaviors and sedentary life style among Tohono O'odham Nation high school students. Efforts should be focused on preventing chronic diseases associated with diet, exercise and weight, strengthening the link between nutrition and physical activity in health promotion, improving health education and accessibility of healthy foods in a variety of settings. Integration of school program, family and community involvement is essential to promote healthy life style among students.
- **Almost two thirds of high school students were overweight or at risk of becoming overweight. Six percent of high school students were informed by a doctor or nurse that they have diabetes. About 60 percent of students tried to lose weight through eating less or exercise. Some students tried to vomit or took laxatives, and tried more than 24 hours of fasting or took diet pills to lose weight.** These findings emphasize the need to promote a healthy lifestyle to prevent obesity and its related chronic diseases among students. It is important to promote healthy weight among high school students through health education on self-assessment of healthy weight and healthy weight control behaviors.
- **Eighteen percent of high school students were told asthma by a doctor or nurse.** This difference indicates the necessity of combining effective management of the disease with asthma prevention.

The 2005 Arizona Youth Risk Behavior Survey (YRBS) Highlights —Tohono O’odham Nation[§]

The Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The highlights are based on a sample of 176 high school students and the results are not representative of all students in grades 9-12 in Tohono O’odham Nation.

Tobacco Use

- 82.4% Ever tried cigarettes
- 35.9% Smoked cigarette before 13 years old
- 30.3% Smoked during the past month
 - 8.7% Smoked more than 10 cigarettes/day during the past month
- 10.8% Smoked daily during the past month
- 5.8% Smoked on 20 of the past 30 days
- 12.5% Got cigarettes in store during the past month
- Smoked at school during the past month

Healthy Eating

- 16.0% Ate 5-A-Day during the past week²
- 10.0% Had 3 or more dairy products per day
- 15.0% Ate baked food daily
- 33.5% Drank regular soda daily
- 22.6% Had sugared beverages daily
- 17.5% Ate breakfast daily
- 7.6% Ate fast food daily

Physical Activity (P.A.)

- 53.2% Participated in insufficient physical activity¹ during the past week
- 22.2% No exercise
- 12.8% Active 60 min on five or more days during the past week
- 16.0% Attended PE class daily
- 45.0% Played on sports teams during past year
- 53.5% Watched 3 or more hours of TV per day
- 19.6% Played 3 or more hours of computer or video games

Overweight

- 22.5% At risk of becoming overweight
- 42.3% Overweight

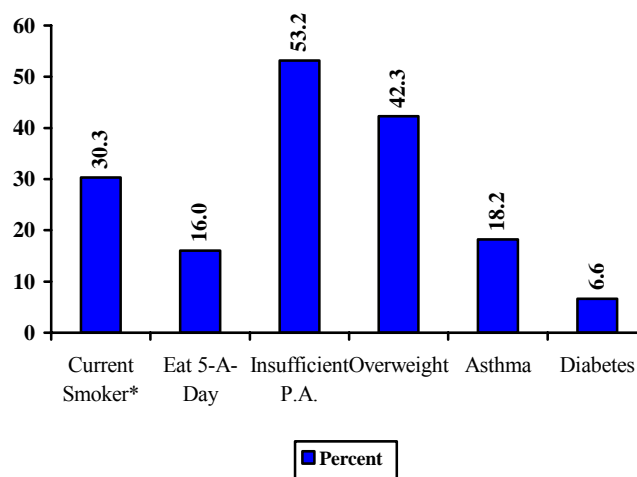
Health Status

- 13.1% Described health as fair or poor
- 18.2% Told asthma by a doctor or nurse
- 6.6% Told diabetes by a doctor or nurse

Prevention

- 47.7% Among smokers, tried to quit smoking
- 61.8% Trying to lose weight
- 61.9% Exercised to lose weight during the past month
- 45.1% Ate less to lose weight during the past month
- 3.7% On a diet or exercise plan for diabetes

Percentage of Youth Risk Behaviors, by Gender, Tohono O'odham Nation, 2005



Notes:

¹ Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.

² Ate five or more fruits/vegetables during the past week

* Smoked during the past month

[§] Tohono O’odham Nation YRBS data was made possible through funding from the Steps to A Healthier Arizona Initiative